

## OPEN TO ADULTS & SENIORS • ON-GOING REGISTRATION

**MONDAYS** 

9:30 am - 10:30 am NJCU - John J. Moore Athletic Center, 100 Culver Avenue

12:30 pm - 1:30 pm Pershing Field Veteran Center

2:00 pm - 3:00 pm Ocean Towers, 425 Ocean Avenue

**TUESDAYS** 

11:15 am - 12:15 pm Grace Church, 39 Erie Street

**FRIDAYS** 

9:15 am - 10:15 pm Grace Church, 39 Erie Street

## REGISTER ON SITE OR CALL AT 201-547-5003 OR VISIT JERSEYCITYNJ.GOV

This class is basic introductory yoga postures and relaxation/visualization/meditation for Adults, with a strong specialty in Seniors Cardiac Patients and Special Health Needs Adults like Heart, Edema, Blood Pressure, Arthritis, Diabetes, Joint Pain, recent Surgery, Stroke, Parkinsons, depression & recovering substance abuse.

PROPER ATTIRE REQUIRED (EX. EXERCISE CLOTHING AND SNEAKERS)

CAROL LESTER, INSTRUCTOR - CARDIAC YOGA CERTIFIED WITH OVER 3000 TEACHING HOURS







PRESENTED BY: MAYOR STEVEN M. FULOP, THE JERSEY CITY MUNICIPAL COUNCIL AND THE DEPARTMENT OF RECREATION



JerseyCityNJ

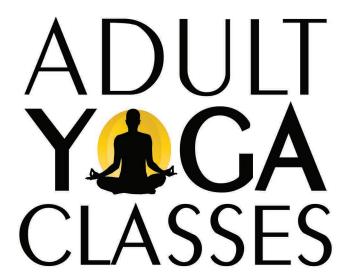






## MAYOR STEVEN M. FULOP THE JERSEY CITY MUNICIPAL COUNCIL AND THE DEPARTMENT OF RECREATION





## **PARTICIPATION FORM**

Each section and this entire form must be read, completed and signed before the participant is allowed to take part in any recreational programs.

Name:	
Date of Birth:	
Home Phone #:	Cell Phone #:
Permission to post pictures: Yes	No
Person to Notify in Case of Emergency:	Phone #:
or injury that would result in my being impaire ation Adult Yoga Program. I empower the stat	ysical condition and I am not aware of any present or previous disease ed during my participation with the Jersey City Department of Recreft to exercise reasonable care in the event of an emergency. I hereby forth by the Department of Recreation. I also agree to hold harmless ecreation's employees and class instructors.
Signature:	Date: